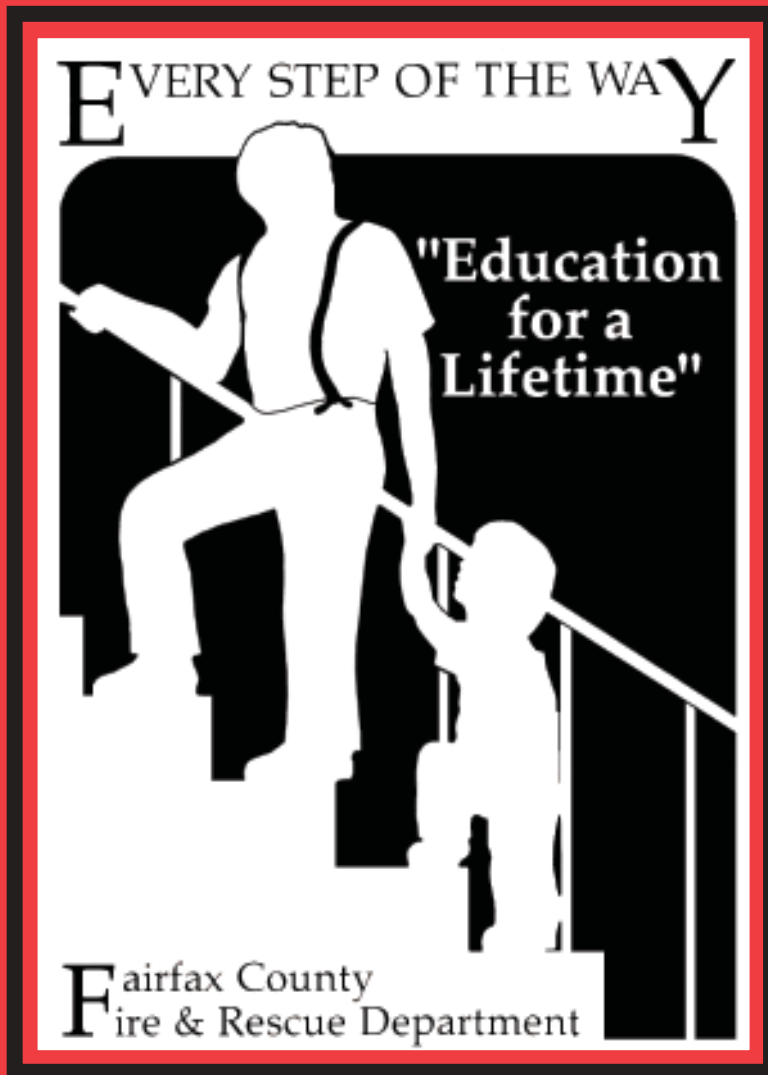


Every Step of the Way



Protecting Preschool Children
From Fire and Burns

We hope that this booklet answers your questions about fire and burn safety for preschool children, however, if you would like additional information or have questions about fire and burn safety, please call the Fairfax County Fire and Rescue Department's Public Information and Life Safety Education Section at (703) 246-3801, (703) 385-4419 (TTY) or our web page at <http://www.fairfaxcounty.gov/fire>.

A Guide For Adults

Preschool children have more than twice the fire death rate of the national average, according to the most recent report from the National Fire Protection Association. We know from the experiences of the fire department and emergency medical personnel the causes of most unwanted fires, burn injuries, and fire related deaths. It is also recognized that preschool children cannot be responsible for their own well-being.

These long-term trends leads us to share life-saving information not only with preschool children but with those persons responsible for their care and protection. The Fairfax County Fire and Rescue Department is committed to addressing this need through education. A variety of programs and materials have been developed that will enable adults to create and maintain a safe environment for preschool children. Sharing this information with them encourages the development of safe attitudes and behaviors.

The following information is intended to:

- ☐ Identify fire and burn hazards where preschool children are particularly vulnerable.

- ☐ Offer ways to improve the level of safety in your home, school, and day-care environment.
- ☐ Suggest messages and at-home activities to share with preschool children consistent with their level of understanding.

We encourage you to read the enclosed information and apply these safe practices in your home.

The **Every Step of the Way** program also makes available:

- ☐ Presentations for preschool groups
- ☐ Training for adult care givers
- ☐ Assistance for home day care provider

If we can be of service in your effort to provide a fire safe environment, please call:

Fairfax County Fire and Rescue Department Public Information

and

Life Safety Education Section

Telephone: 703-246-3801

TTY: 703-385-4419

Fax: 703-385-1687

Web Site: www.fairfaxcounty.gov/fire



Hot Things Hurt and Cool Helps

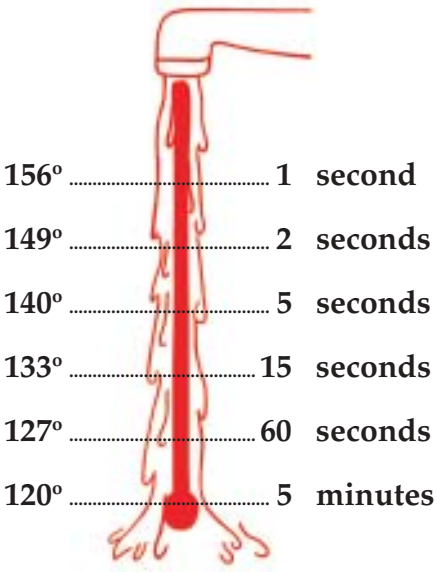
In 1988, 37,000 children under the age of 14 were treated in emergency rooms for hot liquid/food and tap scalds. Of that number, 45 percent were children under five years of age. The more severe injuries resulted from bathtub scalds rather than from hot liquid/food scalds. According to the National Safe Kids Campaign, "These scald burns can kill children. Usually they leave scars on a child's face, hands, legs, and/or chest that can last a lifetime. Most scald burns happen in the kitchen. The worst cases happen in the bathtub. They happen most often to children under four years old."

First degree burns are characterized by redness of skin. The outer layer of skin is affected and should be cooled immediately. Second degree burns blister and involve deeper layers of skin. Third degree burns are characterized by white or charred skin. The burned area may not be painful because of nerve damage. Most moderate second degree and deeper burns have open areas where blisters break or skin is burned away. Do not put water on to cool! Cover with a dry, sterile material and seek immediate medical attention. The affected area must be kept clean to prevent infection. Doctors do not recommend using ointments or creams for treatment of burn injuries.

It is surprising how quickly a third degree burn can happen to a child!

Another frequent cause of burns resulting in hospital treatment for preschool children is contact with hot surfaces and electrical sources. To prevent these injuries we must be more aware of potential hazards, establish safer practices, and help young children identify objects and situations that lead to burn injuries.

LENGTH OF TIME IT TAKES TO CAUSE A THIRD DEGREE BURN



Establishing safe practices:

- ☐ Set the thermostat on your hot water heater at 120° F or use limiting devices on the faucets.
- ☐ Keep hot liquids and foods away from the edge of a table or counter.
- ☐ Turn pot handles away from the edge of the stove. Use the back burners whenever possible.
- ☐ Save the tablecloth and placemats for use when children are not there.
- ☐ Don't carry or hold children while handling hot items.
- ☐ Store items attractive to children away from the stove or other sources of heat.
- ☐ Test bath water before allowing children to climb in. This is done by putting your whole hand in the water and moving it quickly back and forth for several seconds. If it feels even a little bit hot to you, it is much too hot for your child.
- ☐ Never leave your child alone in the bathtub. Children may turn on the hot water when left alone. If an interruption cannot wait and you must leave the room, take the child with you.
- ☐ Treat minor burns with cool water. The cool water will make the burned area feel better in addition to cleaning it.
- ☐ Keep electrical appliances unplugged when not in use.
- ☐ Insert plastic child-protector covers into outlets. Seek medical attention for second and third degree burns.

Sharing the message with your children:

- ☐ Instruct the child to allow adults to fill the bathtub and test the water.
- ☐ When your child is old enough to wash hands alone, practice turning on the cold water before the warm water.
- ☐ With your child, tie a red yarn or ribbon on all handles for hot water to remind them to use caution.
- ☐ Use a doll to role-play cooling a burn, have the child tell the doll which hazards to avoid to prevent a burn.
- ☐ Point out steam from hot foods and liquids as being a sign that these things are too hot to touch.
- ☐ Let your child assist you in a tour of your home to identify things that are hot or can be hot. Attach a red ribbon or cut-out flame as a reminder to avoid these things.



Matches & Lighters Are Tools For Grown-ups

According to a study conducted by the U.S. Consumer Product Safety Commission, fires attributed to children playing with matches and lighters are estimated to account for more than one-third of all fire deaths for children less than five years of age. These fires were the direct result of the child's misuse of matches or lighters. Matches, lighters, and fire in general are very attractive to children. Teaching them that lighters and matches are only for grown-ups is just the beginning. We must make every effort to keep these dangerous items out of their sight and reach.

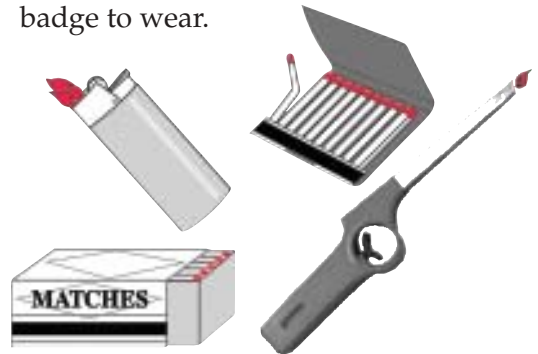
Establishing safe practices:

- ☐ Keep matches and lighters out of sight and reach.
- ☐ Use all smoking materials cautiously.
 - Make certain that ashtrays are large and deep.
 - Check upholstered furniture, making certain that ashes did not fall between cushions, after someone smoking has been seated there.
 - Dispose of ashtray contents by dousing with water or dumping into a metal can.
 - Never smoke in bed or when on medication that may cause drowsiness.
- ☐ Let others know (particularly in homes where you visit often) that you are encouraging safe behavior by teaching

that matches and lighters are grown-up tools.

Sharing the message with young children:

- ☐ Refer to matches and lighters as tools for grown-ups.
- ☐ When a task requires matches or lighters, point out that fire has useful purposes when controlled by a grown-up.
- ☐ Ask that children tell a grown-up when they find matches and lighters.
- ☐ Walk through the house to identify tools, some that are OK for your child to use and others that are only for a grown-up to use.
- ☐ Give your child a new tool (such as a hairbrush) that is only for him/her to use.
- ☐ Encourage your child to share the message with others.
- ☐ Store tools that are safe for your child to use at their level or all in the same location when possible.
- ☐ When your child reports matches or lighters to you, reward correct behavior with a big hug, a special sticker or badge to wear.



Escaping From Fire

A home escape plan that is shared and practiced by all family members is your best assurance of surviving a fire in your home. It is essential that you and your family be aware of the kind of action to take rather than leave the decision-making to a moment of panic. According to a study by the National Fire Protection Association, “The helplessness of the very young is clearly demonstrated when only 17 percent of them were able to make escape attempts, as compared to 29 percent of all the victims.” With a practiced plan, a child is less likely to hide when frightened by fire.

Most residential fires occur at night when we are sleeping. For that reason, smoke inhalation is most often the cause of fatalities from fire. A working smoke alarm is your way to be awakened with time to escape. Fairfax County ordinance requires that all homes and residential buildings with one or more dwelling units including townhouses, houses, and high-rise apartment and condominium buildings have smoke alarms outside the sleeping areas and in basements of those homes having basements. This will apply to those buildings and/or units that change hands after March 1, 1985. The ordinance requires the owner or owner’s agent to maintain smoke alarms in good working order. Contact your fire station or the Fairfax County Fire and Rescue Department’s Public Information and Life Safety Education Section at (703) 246-3801 or TTY (703) 385-4419 if you have any questions.

Your smoke alarm must be maintained properly to provide you and your family with protection. If your smoke alarm is over 10 years old, we recommend replacing it. Replace batteries annually according to the manufacturer’s instructions. Clean alarms monthly by gently vacuuming to remove dust and cobwebs to allow proper air flow through the vents. Each month test your alarm using the test method in the manufacturer’s instructions.

When there is light smoke in the path of your escape route, crawl low to your exit. Make certain that your nose is below the level of the smoke and move quickly (crawl on hands and knees, not on your belly). Young children may be taught this procedure so that if you instruct them in a real emergency they will already know this method of escape.

Establishing Safe Practices:

Conduct a home hazard inspection with all members of your home (a survey form is provided in the back of this booklet).

Develop and practice a home escape plan following these guidelines: (A page is provided in the back of this booklet for developing your plan.)

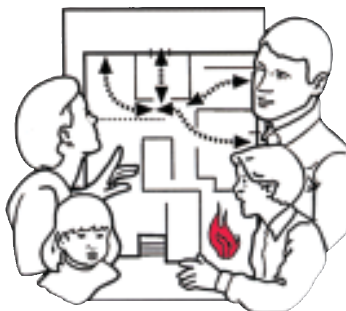
- ☐ Draw a floor plan of your home including all bedrooms, placement of alarms and possible escape routes.
- ☐ Share this plan with all members of your home.
- ☐ Walk through the planned escape routes with everyone present.
- ☐ Don’t attempt climbing out second story windows but practice remaining at the window while signaling for help.

- ❑ Install and maintain smoke alarms on each level of your home and outside sleeping areas.
- ❑ Provide emergency information for others who care for children in your home (a form is provided in the back of this booklet).
- ❑ Teach everyone how to dial 911. Be certain young children know to exit first if there is fire or smoke and to call from a neighbor's house.
- ❑ If you or your children sleep over at someone else's house, make certain that you and your children know the exiting procedures and meeting place for that home.

Sharing the message with young children:

- ❑ Practice your escape drill often with your children. Use the sound of the alarm as the signal to escape. Practice at night when people are sleeping (most fatal fires occur at night).
- ❑ Let your child put stickers on the calendar to indicate the dates each month when you will test your alarm and when you will practice your escape plan.
- ❑ Let your child test the alarm by pushing the button.
- ❑ Point out "EXIT" signs in public places.
- ❑ Identify smoke when you observe it in non-threatening situations such as barbecuing or when candles have been extinguished. Point out that if there was smoke trapped in a room, we would crawl low under the smoke to the exit.

Clean and test your smoke alarms monthly.



Sit down with your family and develop a home escape plan in the event of fire.



Practice climbing down escape ladders with your parents.



Check doors for heat before opening them.



Have a designated meeting place.

Stop, Drop, and Roll If Clothing Is On Fire

Fire needs oxygen to burn, so often the quickest way to extinguish a flame is to smother it. The **stop, drop, and roll** procedure is effective in extinguishing flames on your clothes. The procedure requires that you quickly lie down wherever you are, cover your face with your hands to protect airways, and roll over and over the burning area to put out the fire. When you lay down in a horizontal position, the flames will not travel upward toward your face.

A child's reaction is to run away from the fire, which only provides more oxygen, thus making the flames grow. Even though young children may not be able to determine when this procedure is applicable, they are more likely to perform it on command in an emergency situation if previously practiced. Above all, convince children not to run if there is fire on their clothing.

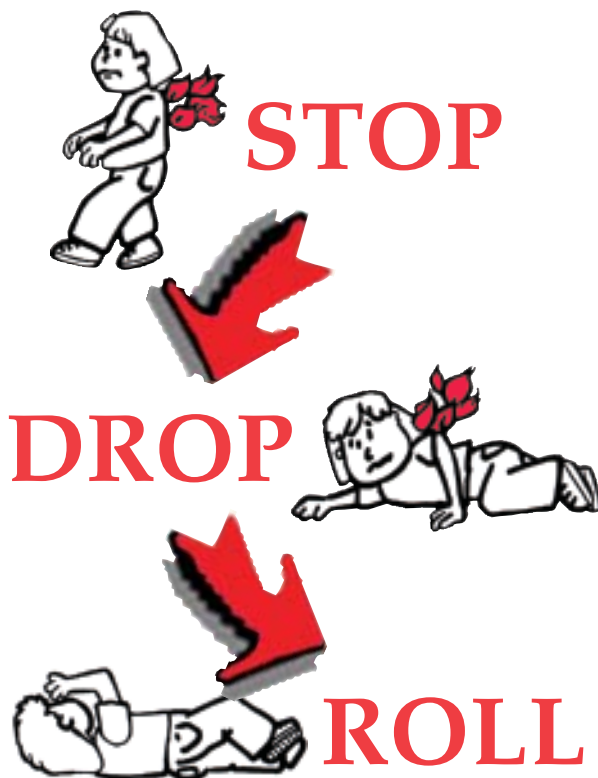
Establishing safe practices:

- ☐ Make certain that an adult is present when there is any open flame.
- ☐ Use candles cautiously, out of reach of children.
- ☐ Avoid loose fitting garments, especially sleeves and flowing scarves when cooking.

- ☐ If someone else's clothing catches fire, force them to the ground and roll them over and over.
- ☐ If a blanket, coat, or other heavy material is at hand, use it to smother the flame.
- ☐ Cut away burned clothing immediately unless it is sticking to the skin.

Sharing the message with young children:

- ☐ Practice the stop, drop, and roll procedure together so that children know this procedure is for all ages.
- ☐ Whenever using the phrase "stop, drop, and roll," accompany it with "when clothes are on fire."



Firefighters Help People

There are documented incidents of children running away from the firefighter who is attempting to rescue them. The firefighter in turnout gear (protective clothing) that includes a mask and air tank is an unusual and understandably frightening sight. This would be especially true when coupled with the already frightening event of fire.

Fairfax County Fire and Rescue Department includes approximately 1,200 career firefighters and emergency medical technicians and 350 volunteer members. They are highly trained and prepared to respond to many varied emergency, life-threatening situations. It is good for children to recognize them in turn-out gear and in uniform. By identifying firefighters as people who help us in emergencies, it is hoped that children will not run or hide in a situation requiring assistance.

Fire and rescue stations welcome visits from families and groups and will designate a member to explain equipment, procedures and safe behavior to you. Understand, of course, that your visit could be interrupted if an emergency call comes in to that station. For that reason, you will want to be certain that children are prepared in advance for the possibility of sirens, lights, and quick action.

The Public Information and Life Safety Education Section of the Fairfax County Fire and Rescue Department can schedule a presentation for groups away from the station.

You may call (703) 246-3801 or (703) 385-4419 (TTY) to request a representative to address a specific topic and group.

Establishing Safe Practices:

- ☐ Visit a station open house (usually in early October) or other community events to become familiar with your department.
- ☐ Refer to fire and rescue personnel as people who are helpers.
- ☐ Respect the job of fire and rescue personnel by pulling to the closest side of the roadway when emergency vehicles are approaching and by not hindering their work in emergency situations.

Sharing the Message With Young Children:

- ☐ See that your child has the opportunity to see a firefighter first in uniform and then in turn-out gear.
- ☐ Discuss things that firefighters do.
- ☐ In escape drill planning, point out that the firefighter will rescue anyone trapped inside.



Home Fire Safety Survey

This form is designed to help you check your home for fire hazards. All the questions are worded so a "YES" answer means the area is safe. A "NO" answer means a fire hazard exists and needs to be corrected. If you have any questions about how to correct a hazard, call your local fire and rescue station for assistance.

If you have any "NO" answers, sit down with your family to discuss the problem and how it can be corrected. Take this opportunity to create a fire safety awareness in ALL family members and, at the same time, make your home a safer place to live. If you need additional information about fire prevention, please call the Fairfax County Fire and Rescue Department Public Information and Life Safety Education Section at (703) 246-3801 or (703) 385-4419 (TTY).

Circle YES or NO.

Heating Hazards:

1. Combustibles like clothes, curtains, and furniture are away from stoves and heaters. YES NO
2. Heating appliances are tested every year. YES NO
3. There is a screen in front of the fireplace. YES NO
4. Ashes are emptied into covered metal containers. YES NO

5. All alternative heating devices used are U.L. listed. YES NO

Electrical Hazards:

1. Electric cords are checked to ensure they are not worn, frayed, or damaged. YES NO
2. Extension cords are not run under rugs, over nails, through water, or across passageways. YES NO
3. Proper size fuses are used in all sockets. YES NO
4. Each circuit is properly marked. YES NO
5. Electrical outlets are not overloaded by multiple plug devices. YES NO
6. Electric appliances are not used near water. YES NO

General Housekeeping Hazards:

1. Closets, basements, attics, and garage areas are clean of old paper, boxes, paint cans, and other trash. YES NO
2. Rubbish is thrown away regularly. YES NO
3. Everyone in the family knows NOT to use a flammable liquid, like gasoline for cleaning. YES NO
4. Flammable liquids and oily rags are disposed of after use or stored in a tightly closed metal container. YES NO
5. All combustibles are stored a safe distance away from any possible heat source (furnace, hot water heater). YES NO

Smoking Hazards:

1. Matches and lighters are kept out of reach of children. YES NO
2. Smokers use ashtrays that are large, deep, and won't burn. YES NO

Kitchen Hazards:

1. Spills and grease are cleaned immediately. YES NO
2. The stove and oven are in good working condition. YES NO
3. The stove area is kept clean and free of grease. YES NO
4. Combustible materials (like towels and pot holders) are kept away from open flame. YES NO
5. Someone is always in the kitchen when food is cooking. YES NO

General Fire Safety:

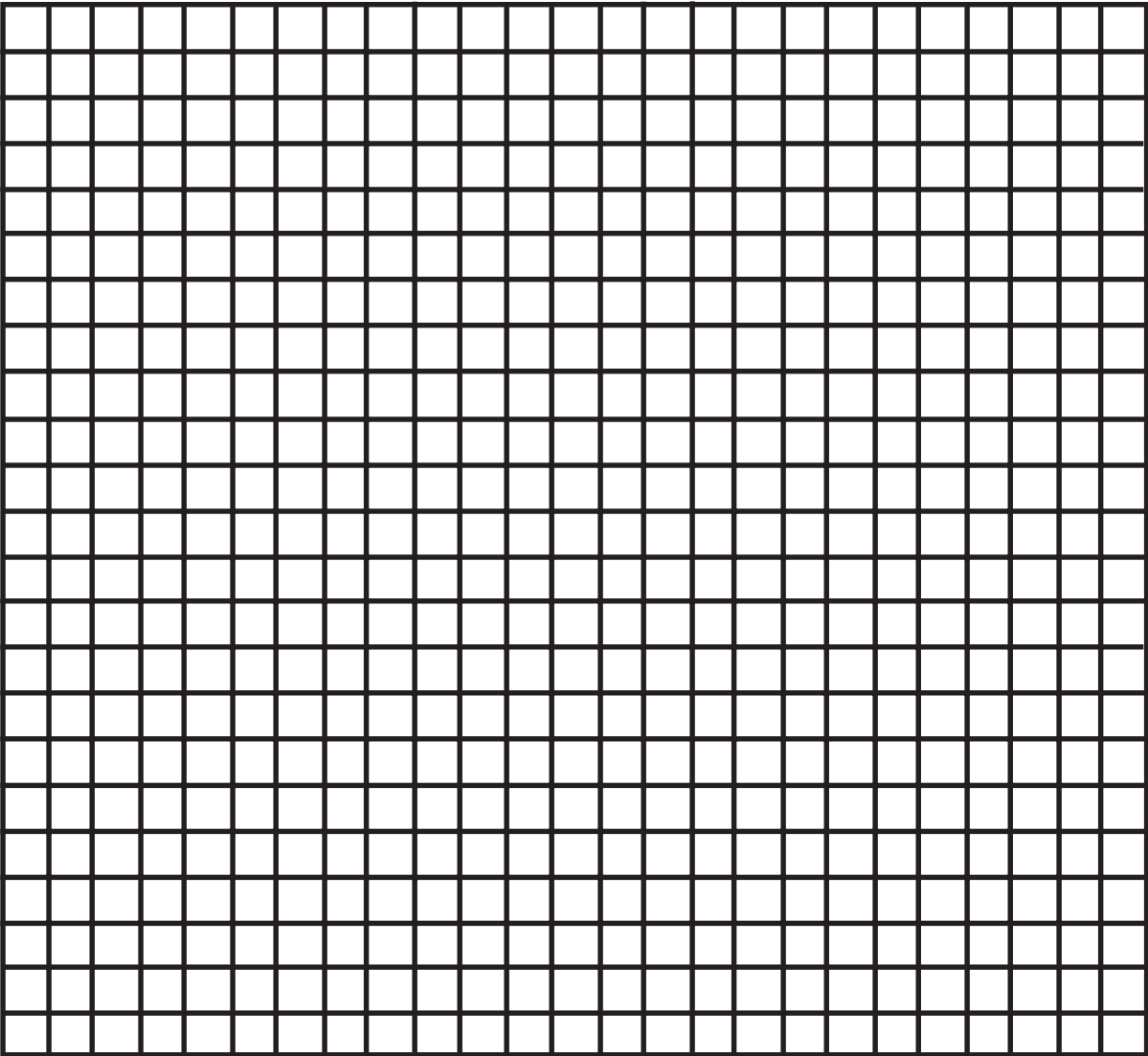
1. The house address is clearly posted in large numbers that are easy to read from the street. YES NO
2. There is a working smoke alarm near the sleeping areas. YES NO
3. There is a working smoke alarm on every level of your home. YES NO
4. The smoke alarm is cleaned regularly and tested once a month. YES NO
5. You know the emergency telephone number for fire and rescue. (9-1-1 in Fairfax County). YES NO
6. This number is posted on all telephones for immediate reference. YES NO

7. You have portable fire extinguishers suitable for use in your home. (Multi-purpose extinguishers are recommended.) YES NO
8. Responsible family members know how to use the extinguishers properly. YES NO
9. Your home escape plan is posted and practiced regularly. YES NO



Fire Escape Plan

Use this grid to draw a floor plan of your home. Add an additional page for each level. Identify all exits. If a primary exit is blocked, indicate the second exit from each room. Identify a meeting place a safe distance from your house. Go over this plan with everyone in your home several times a year. Practice your plan!



Information For The Babysitter

Keep this information in a handy place for the babysitter. Review it along with other instructions that you leave with your sitter before leaving.

Names and ages of children:

Special rules for our home:

Parents names:

Address:

Emergency Phone Numbers:

Police-Fire-Rescue: **911**

Poison Control:

Family Doctor:

Medical Insurance Information:

Names and Phone Number of Neighbors:

Escape Plan:

(Attach your home escape plan or provide information.)

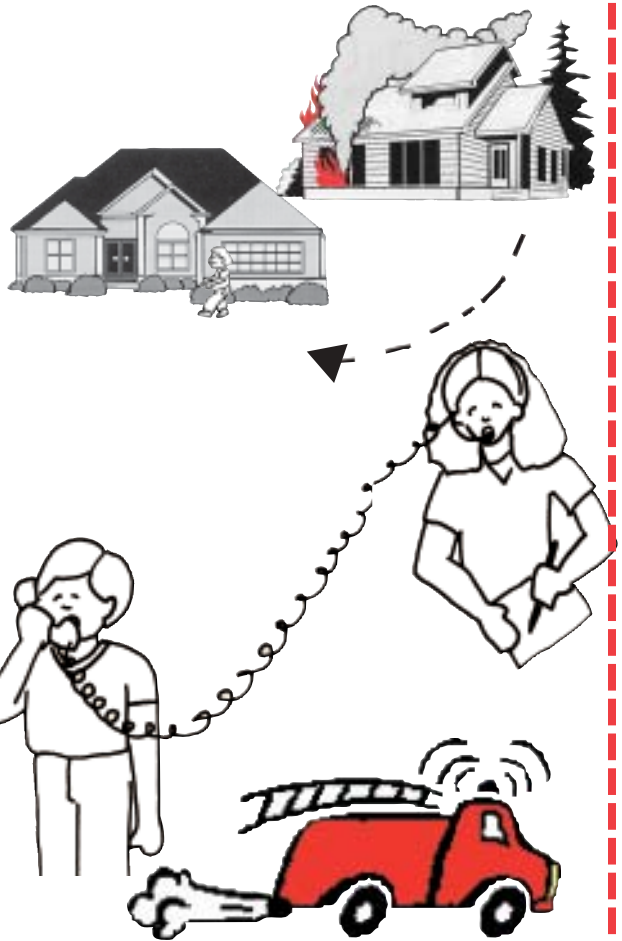
When You Report An Emergency:

- ☐ Go to a safe location to call.
- ☐ Lift the telephone receiver and listen for the dial tone.
- ☐ Dial nine-one-one (9-1-1).
- ☐ When the operator answers, speak slowly and clearly.

Tell the operator:

1. The problem;
2. The address where you need help;
3. Your name and telephone number;
4. Stay on the phone so the operator can get any other information that is needed.

Help is on the way!



EMERGENCY

Police-Fire-Rescue

911

Non-Emergency

(703) 691-2131

Fairfax County

Notes

Notes

Fairfax County Fire and Rescue Stations

Station	Address	Telephone
* 1 - McLean	1455 Laughlin Avenue, McLean, VA 22101	(703) 356-6671
* 2 - Vienna	400 Center Street, Vienna, VA 22180	(703) 938-2242
4 - Herndon	680 S Spring Street, Herndon, VA 22070	(703) 437-1233
* 5 - Franconia	6300 Beulah Street, Alexandria, VA 22310	(703) 971-5858
* 8 - Annandale	7128 Columbia Pike, Annandale, VA 22003	(703) 256-2552
9 - Mount Vernon	2601 Sherwood Hall Lane, VA 22306	(703) 780-0150
* 10 - Bailey's Crossroads	3601 Firehouse Lane, Falls Church, VA 22041	(703) 820-2345
11 - Penn Daw	6624 Hulvey Terrace, Alexandria, VA 22306	(703) 765-4404
* 12 - Great Falls	9916 Georgetown Pike, Great Falls, VA 22066	(703) 759-2300
* 13 - Dunn Loring	2148 Gallows Road, Dunn Loring, VA 22027	(703) 560-1539
* 14 - Burke	9501 Burke Lake Road, Burke, VA 22015	(703) 978-9200
15 - Chantilly	14005 Vernon Street, Chantilly, VA 22021	(703) 378-5353
16 - Clifton	12645 Chapel Road, Clifton, VA 22024	(703) 830-1901
* 17 - Centreville	5856 Old Centerville Road, Centreville, VA 22020	(703) 830-8280
18 - Jefferson	3101 Hodge Place, Falls Church, VA 22042	(703) 573-4505
* 19 - Lorton	7701 Armstead Road, Lorton, VA 22079	(703) 339-5141
20 - Gunston	10417 Gunston Road, Lorton, VA 22079	(703) 339-5970
* 21 - Fair Oaks	12300 Lee Jackson Memorial Highway, Fairfax, VA 22033	(703) 591-0247
* 22 - Springfield	7011 Backlick Road, Springfield, VA 22150	(703) 451-0120
* 23 - West Annandale	8914 Little River Turnpike, Fairfax, VA 22031	(703) 978-3340
24 - Woodlawn	8701 Lukens Lane, Alexandria, VA 22309	(703) 780-0110
25 - Reston	1820 Wiehle Avenue, Reston, VA 22090	(703) 437-7575
26 - Edsall Road	5316 Carolina Place, Springfield, VA 22151	(703) 256-2236
27 - West Springfield	6140 Rolling Road, McLean, VA 22152	(703) 451-0453
28 - Seven Corners	2949 Sleepy Hollow Road, Falls Church, VA 22044	(703) 532-1451
29 - Tysons Corner	1560 Spring Hill Road, McLean, VA 22102	(703) 893-0140
30 - Merrifield	8739 Lee Highway, Fairfax, VA 22031	(703) 573-5321
31 - Fox Mill	2610 Reston Parkway, Herndon, VA 22071	(703) 860-2680
32 - Fairview	5600 Burke Center Parkway, Fairfax Station, VA 22039	(703) 250-8900
34 - Oakton	10511 Rosehaven Street, Fairfax, VA 22030	(703) 591-0273
35 - Pohick	8916 Pohick Road, Springfield, VA 22153	(703) 451-5500
36 - Frying Pan	2660 West Ox Road, Herndon, VA 20171	(703) 793-0043
*37 - Kingstowne	7936 Telegraph Road, Alexandria, VA 22315	(703) 719-9294
*38 - West Centreville	6001 O'Day Drive, Centreville, VA 22020	(703) 802-2806
39 - North Point	1117 Reston Avenue, Herndon, VA 20170	(703) 433-1418
40 - Fairfax Centre	Planned	
41 - Crosspointe	Planned	

* Volunteer Departments affiliated with these stations.
